



REPLY TO THE
ATTENTION OF
AFYB-CG

DEPARTMENT OF THE ARMY
HEADQUARTERS 4TH INFANTRY DIVISION (MECHANIZED)
BLDG 410, Fort Hood, Texas 76544

15 November 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum G3-04-01, Physical Training

1. The purpose of this memorandum is to delineate physical training (PT) policy for unit PT, special population PT, remedial PT, organized athletics, and formation runs. Use this policy to structure your physical training program, but I encourage and authorize creativity, explore more efficient methods of optimizing physical conditioning with other daily training requirements.
2. The designated time for PT is 0630-0800. Organized unit level PT is not conducted prior to 0630; this includes conducting an Army physical fitness test (APFT). Battalion Avenue is closed from 0630 until 0800 Monday through Friday for units to conduct runs. Battalion Avenue is for running, not walking. Only formation runs and NCO supervised runs are conducted on Battalion Avenue. Units will use the sidewalks along Battalion Avenue for ruck marches, litter runs, log drills, etc.
3. All soldiers and leaders will conduct 1 hour of physical training 5 times a week. It requires an extraordinary circumstance for soldiers to miss PT. PT will incorporate three formal phases, warm-up, conditioning, and cool down. Leaders will do PT with their formations. I am authorizing COL/LTC and CSM to conduct PT on their own which allows them to check on their subordinate formations. All other leaders including staff officers and NCOs will do PT with their formations.
4. The use of gym facilities during the normal PT hours is authorized at the discretion of the Brigade commander. Units may use the gyms for circuit weight training PT. However, the soldiers are under the supervision of a NCO who must coordinate for use of the gym facilities for this training. Profile PT will utilize the gym under the direction of an NCO at battalion level.
5. Bicycles are prohibited on Battalion Avenue during the hours of 0630-0800. This is not meant to punish those who ride bicycles, but rather to ensure the safety of units and individual runners on the street. Units will not conduct physical training on the grass areas of the 4ID museum and Cameron Field. The 4ID helipad adjacent to Cameron Field is also off limits for physical training.
6. Units, who earn the division PT streamer described in paragraph 10 below, may conduct one day of organized athletics per week at the discretion of the battalion commander during normal PT hours. Other

unit sports teams and programs are encouraged, and may include unit volunteers only. Participation in these other programs will be done outside the normal PT period.

7. At least once per week, unit runs will be conducted to build unit cohesion. Scope of the run can vary from company, battalion to brigade size. Based on the FORSCOM commanders' guidance, all units will execute a 4-mile run within 36 minutes once every 6 months. The Army standard is for every soldier to pass the APFT. Soldiers who have trouble meeting Army standard will be assisted through:

a. Special population PT programs during regular PT hours directed at improving the assessed fitness fault. Special population PT is conducted by an NCO (use master fitness trainers if available) who will assess individual weaknesses, such as cardiovascular endurance, muscular strength, and muscular endurance and to help commanders devise training programs that focus effort on overcoming weaknesses in the allotted time.

b. Innovative training during and in addition to routine PT periods, will concentrate on exercises for push-up, sit-up, 2-mile run improvement, and weight reduction. Remedial PT is mandatory for soldiers who miss morning PT due to early morning missions, appointments, sick call (return to duty) or those who fail to perform satisfactorily during the normal PT period. Remedial PT is conducted during duty hours under the supervision of a NCO. Ensure remedial PT periods are placed on training schedules.

c. In accordance with AR 40-501, dated 28 March 2002, pregnant soldiers are encouraged to participate in the 4ID Pregnancy PT program (Frago 134, 14 July 2004). If they participate, they should obtain the profiling officer's approval prior to beginning the program. When walking at own pace as part of the Pregnancy PT program, soldiers will use the portion of Central Avenue designated for profile PT.

8. Soldiers with profiles are expected to conduct physical training consistent with the limitations of their profile. This physical training is organized, consolidated, and supervised by a Noncommissioned officer at Battalion level. Soldiers are not authorized to do PT on their own. They must have a copy of their profile during PT. Profile PT will not be conducted on Battalion Avenue or the sidewalks that run parallel to it. Soldiers conducting profile PT on or along Battalion Avenue are a safety hazard to themselves and formations that are running on Battalion Avenue due to the congestion of formations. However, soldiers that can run at least two miles and remain consistent with the limitations of their profile may run on Battalion Avenue under the supervision of a NCO. Profile PT will be conducted in Battalion and Brigade quad areas, the golf course track, and the intersection of Central Avenue and Battalion Avenue to 30th

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Street and Central Avenue, which will be blocked. Profile PT will not be conducted in unprotected areas.

9. The authorized uniform for PT during normal PT hours is the Army Physical Fitness Uniform with orange reflective vest. All soldiers in formation will remain in the same type uniform. Brigade commanders may approve the wear of distinctive unit t-shirts for unit cohesion runs. Other variations to the uniform are not authorized without the approval of the Commanding General.

10. Units conducting family PT runs for organization day may utilize the profile PT route.

11. A division PT streamer will be awarded to each company-sized unit that achieves an average of 250 points or greater on the record APFT. All soldiers participating must pass the APFT with a minimum of 60 points in each event. A division team of trained evaluators will conduct this test, and at least 85% of soldiers assigned and attached to the company must participate. Units awarded the streamer will be allowed to conduct organized athletics one day per week while holding the streamer. Awarding of the streamer is for a twelve-month period. After twelve-months the streamer must be returned to the division AcofS G3 until the unit is retested and again achieves the standard. Companies can schedule tests through their chains of command to the division AcofS G3.

"STEADFAST AND LOYAL"

ORIGINAL SIGNED

James D. Thurman
Major General, USA
Commanding

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